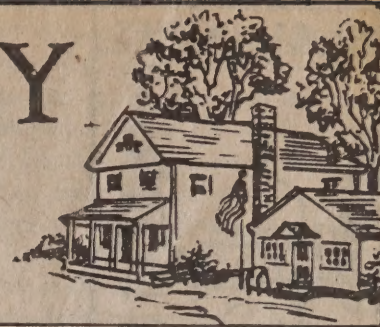




MONTEREY NEWS

JANUARY 1985



MONTEREY LANDOWNERS ENDORSE HUNTING CONTROLS

On December 18 about 30 local landowners attended an informal meeting at the Monterey firehouse called to discuss restrictions on hunting in Monterey. The meeting was chaired by Ellen Pearson, whose horse was shot during the 1984 deer season. Mary Hale of Tyringham was present to describe measures taken in her town to control irresponsible hunting practices. People in Tyringham formed a landowners association in 1977 which issues signs and business-size cards to its members. The signs state that hunting is by permit only. The business cards are distributed to hunters who have been given permission to hunt on private lands. One is carried by the hunter and another is placed on the dashboard of his vehicle. Any car parked along the road without a card is assumed to belong to a trespasser. Berkshire County game wardens patrol the roads and woods to check permits. Hunters with permission to be in private woods also check the permits of other hunters encountered there. According to Hale, the system works well and has improved the situation in Tyringham considerably.

Tom Kasprzak, one of the South County game wardens, said that at least half the calls he receives for illegal hunting incidents last fall came from Monterey.

A Planning Committee will meet Tuesday, January 8, at 7:30 p.m. to draft proposed policy for a plan similar to Tyringham's as well as an informational letter to be sent to all Monterey landowners.

Anyone with opinions or questions about the project should call Ellen Pearson, 528-1988, before the meeting day.

(See History of Landowners' Association, p. 6)

PLANNING BOARD TO MEET ON BY-LAW REVISIONS

The Planning Board of Monterey will hold its next meeting on Tuesday, January 22, 1985, at 7:30 p.m. at the Town Office. The meeting will be for the purpose of discussing revisions of the current zoning by-laws, particularly those pertaining to the construction of multiple-family dwellings in Monterey. A one-year moratorium on the construction of such dwellings was recently voted by Montereyans so that the by-laws could be reconsidered, revised and clarified.

Planning Board Chairman Bill Brockman said that any residents of Monterey with recommendations are encouraged to attend the meeting.

(See Planning Board Questionnaire, p. 8)

MONTEREY CAMPUS OF AVALON SCHOOL CLOSES

After months of difficulties, officials of The Avalon School have closed its Monterey campus. The school has operated in Monterey for mentally retarded and emotionally disturbed students since 1949. The majority of students have been relocated in other schools during the past year, and the twelve remaining students were scheduled for transfer after Christmas to other Avalon campuses.

The school has been beset by financial problems, necessitating a takeover by the state last January. Health and safety hazards cited by state inspection officials could not be corrected because of inadequate funds. Negotiations between the state and Hillcrest Hospital of Pittsfield for the purchase of the school have been going on since August.





CATHOLIC CHURCHES

Masses Schedule

Our Lady of the Valley, Sheffield

Saturday, 5:30 p.m.

Sunday, 7:30 and 10:30 a.m.

Immaculate Conception, Mill River

Sunday, 10:00 a.m.

UNITED CHURCH OF CHRIST

Worship and Regular Meetings

Church school, Sunday at 10:30 during morning worship. Morning worship each Sunday at 10:30 a.m. with childcare at same time in the Social Room. Choir rehearsal Tuesdays, 5:30 p.m. Meditation and prayer, 7:30 a.m. in the Social Room. All are invited. Prayer Group, Thursdays, 7:45 p.m. at the home of Lucy Smith.

EPIPHANY: COMMUNION AND COVENANT SUNDAY

Epiphany is celebrated on Sunday, January 6. Epiphany celebrates the light of the Christ being given to the nations. On this day also the church is celebrating with Holy Communion. In addition, this has been designated as Covenant Sunday. Since membership in the church is considered a covenant relation with God and with each other, this day has been set aside for affirming and renewing the covenant that is the basis for fellowship in the church. Members are being reminded of the importance of this day and urged to attend.

ANNUAL MEETING

Sunday, January 20, is the time for the annual meeting of the congregation. A booklet of reports is being prepared and is to be available at the morning worship on Sunday, January 13. The annual meeting begins during the morning worship. The minister's report is given in place of the sermon. After the worship is dismissed the congregation will reassemble to hear reports, pass a budget and elect officers. Following adjournment the congregation will enjoy a covered-dish dinner in the Social Room.

song of the new bus muffler

*going smiling down the icy snowy road
going smiling down the soft quiet winter road
going softly gliding down the road sh sh sh
the old bus almost as silent as a round stone
capped with a finely powdered baret.*

*going with a grin down the snow-paved way
the old bus quiet like a bundled winter wind
sh sh shoo sh sh shoo*

*no more noisy blaap blaapp pum pum bam
no more bumble bumble pam pam kablamm
O so quiet*

*like being on a sleigh
snappy crackling ice-wrapped twigs, louder
than my motor now, ah ah*

*going smiling, bouncing along
winter white and silver breeze
make more noise than the new muffler
on my old bus,*

*no more blaap blaap bumble pum pum bam
going with a hearty grin
over the snow-soft road.*

— Steve Maye

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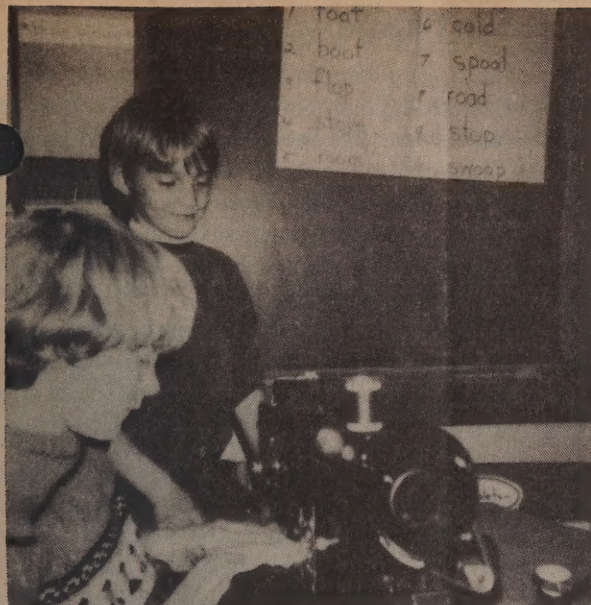


Photo by Georgiana O'Connell

Learning to sew, left to right: Dominic Stucker, Jordan Loder

NEWS FROM NEW MARLBOROUGH CENTRAL SCHOOL AND MONTEREY KINDERGARTEN

The Monterey Kindergarten children made Indian vests from paper bags. They also fashioned headbands using wild turkey feathers donated by Marcia and John Cook and domestic turkey feathers donated by Mary Hankey. They are very busy collecting refundable cans and bottles in order to earn money for the Statue of Liberty Restoration Fund. All of these donations are being recorded on a graph. The students made pine cone feeders, for the birds, naturally, and have learned about the four seasons of the year. Bonner McAllester shared with the class furs of local area mammals during their study of the winter season. They are mastering "The Twelve Days of Christmas" and made milkshakes to go with the letter M. Linda Brazie continues to volunteer her time one day a week. On one of her visits she made apple turkeys with the class. Brenda Davis moved to Sheffield and Luke Marshall-Olson returned to Seattle, Washington. The boys and girls wish them well.

The first grade created a lovely forest with pine cone Christmas trees to decorate the refreshment table at the P. T. A. workshop. In addition to being great artists they are also becoming very good readers, learning new reading "keys" every week. Their study of trees continues, especially the evergreens right now.

The Monterey-New Marlborough P. T. A. Toy and Gift Sale was held at the school on December 10 and 11. The sale raised \$185.90 and the P. T. A. members would like to thank all who helped to make it a success.

Ariel joined the second-grade class on December 3. He is nine months old and likes to be with children. In case you are wondering, Ariel is a Peruvian guinea pig. He certainly has generated a lot of enthusiasm in the classroom, with each child writing a story about him. They have started their computer program. Their first software program was "Kids on Keys" by Spinnaker. This ties in with the typewriter keyboard preparation of last month. After reading a book and seeing a filmstrip about the journey of the Pilgrims and their landing in Plymouth, the second grade joined all the students in the school on the playground blacktop, where the fourth

grade had prepared a chalk outline of the *Mayflower*. Participating in the program helped them to understand the conditions faced by those hardy pioneers who left England for the New World. The second grade stories on the Pilgrims reflected a sensitive understanding of the many hardships they faced. The stories are part of the second quarter creative writing folders and will go home with the students at the end of the second marking period. Grade 2 became an extension of Santa's workshop last week when all the students learned to use the sewing machine in the classroom. With the help of Mrs. Kay Pratt, the children completed their Christmas stockings, wrote their names on them in glitter and also got to make a stuffed toy to take home.

The Robbins-Zust Family Marionettes performed at the New Marlborough Central School on December 14 as part of the Southern Berkshire Regional School District's enrichment in the arts. The dramatization of the fairy tale, "Rumpelstiltskin," was presented for the encouragement and enjoyment of children's reading in conjunction with the R. I. F. program of the P. T. A. This theatre presentation was sponsored by a grant from the New Marlborough Arts Lottery Council and was brought to us through the efforts of Lucinda Shmulsky, District Coordinator for Arts Enrichment Activities, this school year. Later that same day, the Reading Is Fundamental program got underway under the direction of Mrs. Fran Stevens, who is handling this for the P. T. A. Each child in this school and the Monterey Kindergarten was allowed to choose a book to take home, read and keep.

The third grade, with the help of their aide, Mrs. Nell MacKenzie, has completed several Christmas activities. Everyone has made an attractive paper plate wreath, as well as a lovely gilt wreath which may be given as a Christmas present. Snowflake decorations have also been made and hung in the classroom windows. Mrs. Donna Drew, art teacher for Grades 1-4, has finished a project in weaving. Each child has woven a thin strip of cloth. This, too, may be used as a gift. At present, they are working on a Christmas bulletin board to be displayed in the hall. Each person in the class, adults included, is making a contribution.

In true holiday spirit, all of the children of the school worked together to transform the bulletin board in the multi-purpose room into a beautiful outdoor Christmas scene. The second grade put up the background and the greeting "Merry Christmas." Gary Burkle and the preschool got all of the other children to trace and cut out their hand patterns on green paper. From these patterns they made a very special Christmas tree which stands in the middle of the winter landscape. The third grade has been very busy making ornaments to hang on it. Be sure to stop and see it if you visit the school.

The preschool has been very busy during the holiday season. Prior to Thanksgiving the children enjoyed a visit to Scott MacKenzie's farm. In early December the preschoolers visited Ward's Nursery where they had the opportunity to feed a variety of animals and to see all the holiday displays. In the classroom a wide variety of activities have taken place. The children have made many decorations, wrapping paper, practiced several seasonal songs and participated in many cooking projects. Misty White joined the preschool this month.

The sounds of caroling rang through the halls of our school

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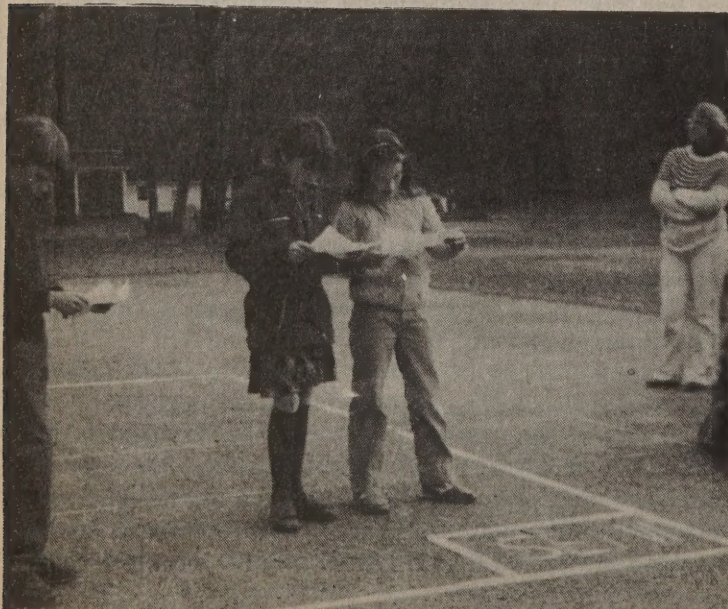
on December 17. The children of the school gathered in the morning to sing their old favorite Christmas songs with Allen Lampman, elementary music teacher. This annual event certainly got our week off to a good start.

The fourth grade project for November was the recreation of the *Mayflower* on the school playground. Chris Callahan did all the necessary research on the ship's measurements. Then the students, with the help of Mrs. MacKenzie, drew a chalk outline of the ship on the blacktop. All of the children and the staff were asked to be "on board" the *Mayflower* on November 29, so that there would be 103 passengers. The fourth grade historians described the various parts of the ship for all of the "passengers" and the second grade got a tour. On December 11 and 12 the production "O, Freedom" took place in the classroom. This play, about slavery, freedom and human dignity, was based on the book *Slave Girl* by Betsy Haynes. The class would like to thank Mr. Lampman for teaching them the songs "Get On Board" and "O, Freedom." Christmas activities have kept the students busy this month. They played Secret Santa for a week, giving cards and little presents to their secret friends. They decorated a small palm tree for the class Christmas tree. They discussed Christmas in Mexico, and there are plans for a pinata. Chris Burkhardt was the winner of the Candy in the Jar Estimating Contest. There were 90 candies in the jar and he guessed 90! What a wiz!

Do you remember our balloon launching on April 27th? Several of our children received answers last spring which was very exciting. Just when we had all forgotten the balloons and spring, Ezra Andersen, a second grader, got a letter from Brandy Hall in Torrington, Connecticut. She came across Ezra's balloon on a tree branch while picking pine in the woods. What a delightful Christmas present, Ezra!

Bulletin boards have really been big news this month. Last, but not least, our first grade "angels" have made a "heavenly" one for us all to enjoy, just outside the office door.

Merry Christmas and Happy New Year from all of us at the New Marlborough Central School and the Monterey Kindergarten.



On board the *Mayflower*, left to right: Alex Simpson, Jennifer Hopkins, Stacy Palfini

Photo by Georgiana O'Connell

MOUNT EVERETT REGIONAL HONOR ROLL

The Mount Everett Regional School honor roll for the first quarter of the school year has been released, and Monterey students on the honor roll are shown below. To attain high honors in high school, a student with four or five major subjects must have all As. With six or seven major subjects, the student must have all As except for one B. For honors, students must have all As or Bs.

To attain high honors in seventh and eighth grades, students must have achieved 90 or above in all major subjects and 80 or above in all minor subject. Students receiving honors must have achieved at least 80 in all subject areas.

High honors

Grade 9: Janet Thieriot.

Grade 7: Anne Marie Makuc.

Honors

Grade 12: Linda Hayes

David M. Smith

Grade 11: Monika Pizzichemi

Brenda Provost

Grade 10: Michelle Grotz

Grade 9: Christopher Makuc

Tasha Murfitt

Grade 8: Shelby Loder

Grade 7: Lori Hurd

YOUTH NEWS

Junior Troop #66

"Deck the Hall" time was here on December 11 as the girls wrapped up two weeks of preparation by decorating the Umpachene Grange Hall in Hartsville, as they had been invited to do. On December 18 the girls got together with the other troops (both girls and boys) in the Monterey-New Marlborough area for our annual Christmas Workshop. This is the time when each troop brings a craft that is quick and easy to make so the children may go from table to table and make one of each. Whether it is a new decoration for the tree or a gift for someone special, everyone goes away with a little more Christmas spirit, which is helped along even more by the carols—they sing as they work! Happy Holidays to everyone from Pam, Yvonne, Linda and the girls of Troop #66.

Cub Scout Pack #51

The boys discussed junk food and good food and did collages of both. Then they prepared and ate yogurt-honey dip with fruit and Parmesan-lemon dip with vegetables. In preparation for Christmas the boys had their pictures taken and made wallpaper-covered picture frames. As a good deed the boys helped pack up the leftovers from the P. T. A. Toy and Gift Sale.

Brownie Troop #237

The troop attended the Christmas Workshop held in Great Barrington. The girls enjoyed meeting the other troops from the surrounding towns and also making beautiful decora-

continued next page

tions. The Brownies spent most of their time putting the finishing touches on the needlepoint wreath they presented to the Willowood Nursing Home. It took a long time and a lot of patience to complete, but the girls never gave up. Congratulations, girls, on a job well done! You should be very proud. A special "thank you" to Carol Sadlowski and Ardelle Gile for all the expertise in helping the troop with this project. The troop has also been working on "The Home-On-Your-Own Project." They are learning and practicing what to do in case they are ever home alone.

Youth Group

The Youth Group resumed its meetings on December 16 after a long break due to Jim Wilson's surgery. They made candles and discussed their plans for the upcoming year. On December 21 they are joining other members of the community for a Carol Sing. There will be a New Year's Eve party at the Wilsons' from 7:00 p.m. to 9:00 p.m. for youth group members who are free. A video movie will be shown.



Clifford Hart, keeper of the Town waste removal area

CLIFFORD HART IS NEW CUSTODIAN

Clifford Hart has been hired by Berkshire Clean-Way as the custodian of the trash compactor area. Anyone who's been to the compactor lately will agree that he's the right man for the job—it's never looked so good!

ASSESSOR RESIGNS

John O'Connor resigned as assessor on December 31, 1984. His reason for resigning is that he is too busy to do the work. William E. Mielke will take over O'Connor's job and will be sworn in at the Assessors' regular meeting on January 8, 1985.

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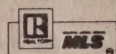
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TWO BITS OF HISTORY ON LANDOWNERS' ASSOCIATIONS

Wallace Tryon brought to the meeting on December 18 a little card signifying membership in the "Southern Berkshire Land Owners' Association" of 1930. He said it was an organization formed to regulate hunting and that it worked pretty well. On the back of the card are written the rules of the Association (reproduced below). They have a nice ring to them.

"You are not to cut any wire fence; leave bars and gates as found. Do not remove any trees, ferns, or other evergreens, or pick any nuts, fruit or vegetables. You agree to abide by any special request any land owner may ask of you.

"Any land owner may bar you from his premises, although you hold a card.

"Do not discharge fire-arms near any building or where cattle may be grazing.

"You are expected to strictly abide by all fish and game laws of the state.

"We expect you to report to the secretary or any land owner, at once, anyone hunting, fishing or trespassing without a permit.

"You are to show your card to any person so requesting.

"Any violation of these rules will revoke your card. Violators will be prosecuted to full extent.

"Last, but not least, prove yourself a gentleman and a real sportsman."

Before the meeting Alice Somers stopped by with a book called *The Outdoor Heritage of New Jersey*, published in 1937 by the New Jersey Fish and Game Commission, of which her father was Executive Secretary. From a section called "Farmer-Sportsman Cooperative Plan," we quote three paragraphs which state in civilized language the dilemma of the landowner during hunting season:

"It is a well-known fact that many landowners welcome the decent sportsman, who is pleased to board with the landowner and buy the product of the farm, and many lifelong friendships have been made in this manner.

"The problem was to control the lawless hunter or angler who trespassed without permission, tore down fences, hunted close to the landowner's house, and jeopardized the family or flocks, and from this type of poacher there was little, if any, protection until this cooperative plan was put into effect.

"In a densely populated State like New Jersey this illegal trespasser was bound to work hardship, not only on the landowner, but on the decent law-abiding sportsmen who are in a large majority and for which we are thankful."

The Planning Committee for Restrictions on Hunting in Monterey welcomes enlightened contributions from the present day and any other era to inspire their work.

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LAKE BUEL STOCKED WITH NORTHERN PIKE

Lake Buel was stocked recently by the state Division of Fisheries and Wildlife with 600 to 700 yearling northern pike bought from a private supplier in Minnesota.

It was the first stocking in Buel since the initial one five years ago, according to Peter H. Oatis, director of fisheries for the state agency. He said the pike, 10 to 12 inches long, were obtained from the Chippewa tribe of the Red Lake Indian Reservation.

The stocking was done by Joseph Kirvin and David Rose of the district fisheries crew with an assist from Francis J. Messer, district fire warden. He supplied a tankload of water from a Pittsfield State Forest spring for the pike when they were transferred at West Stockbridge from the Minnesota tank truck.

Pittsfield city water isn't considered good for the fish because of its heavy chlorination.

Fishermen are reminded by Leo M. Daly, district fisheries manager, that the minimum legal length for pike that they catch is 28 inches. Those stocked recently aren't expected to reach that length for a couple of years.

RADAR WARNING SIGNS POSTED IN MONTEREY

Signs have been posted at all entrances to town warning that speed is checked by radar. Seven signs in all have been erected in response to complaints from motorists who have received tickets for speeding and rising complaints that the town is a speed trap.

Selectman Chairman Jed Lipsky said the town will not reduce its effort to halt speeding, but hopes the signs will encourage motorists to slow down as they drive through town.

The signs are posted at the entrances to town on the Tyringham Road, Sandisfield Road, River Road, the eastern and western ends of Route 23, and the eastern and western ends of Pixley Road, or Route 57 near Hartsville.

Signs have also been erected at the new Rawson Brook Bridge on the New Marlborough Road advising trucks to come to a stop before proceeding over that bridge.

The next regular selectmen's meeting will be on Monday, January 7.

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MULTI-FAMILY HOUSING QUESTIONNAIRE

The one-year moratorium on construction of new Multi-Family Housing (MFH), voted by special town meeting on November 2, 1984, provides an opportunity to examine and reshape the Town's Zoning By-laws pertaining to MFH. This questionnaire is intended to help the Planning Board in its consideration of the By-law, and should reflect what you think is appropriate for Monterey.

Briefly stated, the present By-law allows MFH in the Agricultural-Residential and Business Districts by special permit from the Board of Appeals. Each MFH project has a maximum of six dwelling units, maximum height of 35 feet, and minimum setback of 100 feet from property boundaries, with an acreage requirement of one acre/dwelling unit plus two acres for the project.

MFH includes rental units (apartments) and user-owned units (condominiums).

- (1) Do you feel it is appropriate for Monterey's By-law to contain provisions for MFH?
- (2) Should MFH be zoned into specific areas of town, as recommended by the 1975 Land Use Plan (areas on town roads far removed from fragile environmental features), rather than be allowed anywhere in the Ag-Res or Business Districts? If so, where (be specific if possible)?
- (3) The present By-law permits six dwelling units/project. How many do you think is appropriate?
- (4) Do you think the present acreage requirement (e.g., four units on six acres, six units on eight acres) is appropriate? If not, what should it be?
- (5) Would you change the current 200-foot road frontage requirement for MFH? How? higher minimum of _____ frontage based on number of units _____ other—specify _____
- (6) Should the regulation of apartments in single-family dwellings be expanded to allow more than the current one additional unit?

(Please include additional comments and ideas on another sheet of paper.)

Are you a: year-round resident _____ summer resident _____ landowner _____

Name (optional) _____

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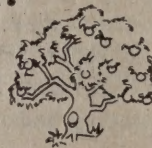
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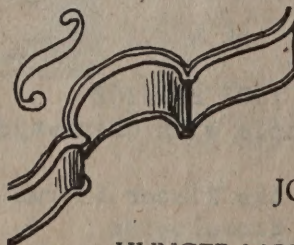
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OPEN HOUSE AT TOWN GARAGE

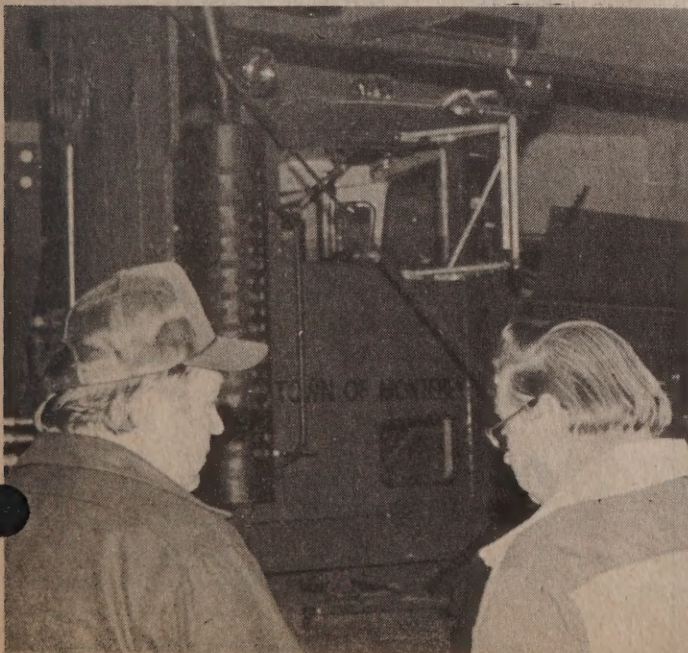
The open house on December 16 at the new Town Garage was a grand success. Catered by Maynard Forbes and attended by about 75 people, the affair gave everyone a chance to see the new building and to clamber over and into the new Oshkosh truck. Several road superintendents from neighboring towns were there, as well as the Oshkosh salesman, who was reported to have taken full advantage of the captive audience.

Previous to the party, Selectman Hans Kessler sent a letter of thanks to the people who had helped him put together the specs for the garage over a year ago. The letter said, in part, "It has been a long pull, longer than I had expected, but it has now been brought to a successful conclusion. Now therefore is the time to recall your part in this success. Your help and advice made a significant contribution to the specifications which got the project off the ground. And your helpful attitude served as an encouragement to me and others."

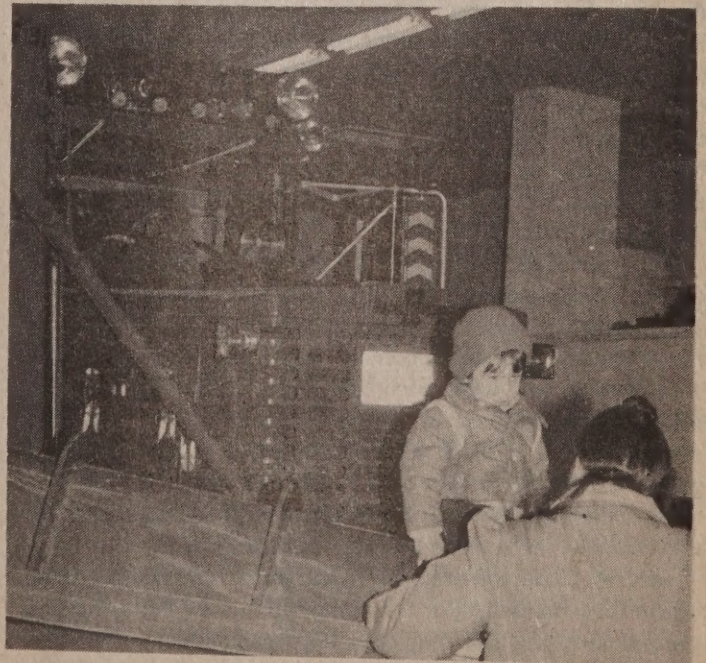
It was sent to the following people: Edith Wilson, Robert H. Stevens, Leigh Tryon, Richard Tryon, Raymond Tryon, Robert Ensign, Mark Mendel, Frederick H. Phelps, W. Raymond Ward, Nicholas Wool, Harold Greene, John Field.



Welles Sellow talks with John Fields, Superintendent of Roads.



Ray Tryon, builder of the new Town Shed, talks with Crickett Anson of Egremont.



Shawn Tryon on the big snowplow.

LOCAL LORE

INDIAN NOTES

Indian Foods: Ground Nuts

"It was thought, if their corn were cut down they would starve and die with hunger . . . and they driven from that little they had in store, into the woods in the midst of winter, and yet . . . I did not see (all the time I was among them) one man, woman or child die of hunger . . . the chief and commonest food was ground nuts: they ate also nuts and acorns, artichokes, lily roots, ground beans and several other weeds and roots that I know not . . . I cannot but stand in admiration to see the wonderful power of God in providing for such a vast number of our enemies in the wilderness where there was nothing to be seen but from hand to mouth."

So wrote Mary Rowlandson in the narrative of her captivity among the Indians during King Philip's War in the late winter of 1675. The importance of ground nuts to her own survival is evident all through the narrative: "... she gave me a mess of venison and ground nuts, which was a choice dish among them. . . . We went on in our travel, I having got one handful of ground nuts for my support that day. . . . In the morning I went to the same squaw, who had a kettle of ground nuts boiling; I asked her to let me boil my piece of bear in her kettle, which she did and gave me some ground nuts to eat with it; and I cannot think but how pleasant it was to me. . . . We went in the morning to gather ground nuts, to the river, and went back again that night . . . he gave me some roasted ground nuts, which did again revive my feeble stomach."

These ground nuts (*alpios americana*) are not to be confused with peanuts, which are also often called "ground nuts." The ground nuts of the Northeastern Woodlands Indians are in the pea family, and are also known as Indian Potato, Wild Bean, and Hopniss. It is a twining vine with alternate leaves, each bearing five to nine slender, narrowly oval leaflets. It develops dense clusters of fragrant, brown pea-like blossoms in late summer. These produce edible beans, but, for Indians and English settlers alike, what made the plant so valuable was the roots. These consist of elaborate chains of tuber-like enlargements with a milky juice and a pleasant taste rather like a turnip. Early Colonial records cited "Grounds nuts as big as Egges and as good as Potatoes, and 40 on a string, not two inches under ground."

The juice of the raw roots may leave an unpleasant coating on the teeth and lips, but this drawback disappears with roasting or boiling. The tubers are delicious sliced thin and fried. Ground nuts were taken to France and cultivated in the 18th century and were introduced into Europe again in the mid-19th century as a substitute for potatoes. However, the roots take two or three years to mature to a usable size and grow so near the surface that cultivation of the soil around them is difficult. So far, efforts at domestication have failed; this seems to be a plant destined to remain wild.

Mrs. Rowlandson described a war party preparing to make a raid on Northampton: "... whereupon they fell to boiling ground nuts and parching corn (as many as had it) for their provisions." And of the Indians in retreat: "... and the enemy in such distress for food that our men might track them by

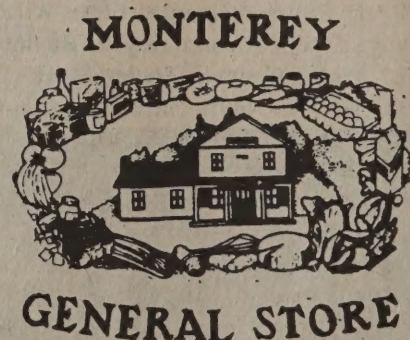
their rooting in the earth for ground nuts, whilst they were flying for their lives."

There is said to have been a law of 1645 in one of the Colonial towns which ordered that, if an Indian dug ground nuts on English land, he was to be set in the stocks and for a second offense was to be whipped. The Indian attitude toward wild foods was that they belonged to the finder and that the finder should be generous, as we saw in Mrs. Rowland's narrative. The stark contrast between this and English proprietary feelings contributed to the imperfect sympathies that led to King Philip's War.

— David P. McAllester

KITTY NEEDS A HOME (Temporarily)

Alice Somers is looking for someone to keep one very sweet, very well-trained calico cat from January 15 to April 15 of this year. She is willing to pay \$100 for catkeep. Call her at 528-2624 before January 10.



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LOCAL LORE (cont'd)

LICHENS: SYMBIOSIS DEBUNKED

A few years ago I visited an old college roommate in San Francisco. She looked great to me, slim and sparkly, had her own apartment with a view, a job in dance therapy, and a bright little son who lived with her half-time. She also had a boyfriend.

"After we take Jamie to daycare I want you to meet Rick," Karen said with a slight frown. "We're sort of looking for a place to live, but to tell you the truth, my heart isn't in it. Our relationship has degenerated to a symbiosis, and I want out."

Symbiosis! That happy balance we all learned to spell in high school biology class. How could she complain? Even after I met Rick I couldn't figure it out. He was a nice guy, big and blond and easy-going. Who wouldn't like a life of balanced mutualism with such a pal? To me symbiosis was practically synonymous with the ideal life of the lichen, a happy association between a plant (one of the simple algae) and a fungus—the very embodiment of that old mathematical improbability about the whole being greater than the sum of its parts. Human relationships in San Francisco must be very rich indeed to make symbiosis look like a degeneration. I came home to Monterey with my definitions intact and my horizons broadened. But if symbiosis wasn't good enough for Karen, I thought, what might be the secret complaints of the lichen, the scandalous true confessions of that model association?

It wasn't long before I found out. I wish now that I had stayed home that gray day in November, but I felt house-bound and had to get out. My wandering took me up the Cobble behind our house, and I sat on a rocky outcropping and eased my mind away from the chores and cares of domestic life at holiday time. Lists and phone calls and deadlines melted away as I tuned in to the beauty of nature around me—the brave scrubby birches and laurels high on the rock, and the strong graceful lines of the far woods in winter, with color in the twigs and buds already promising spring. The faint outline of the Catskills hung in the distance, the air was quiet of motor noises, and all seemed right in the world.

Suddenly I was aware of tiny angry voices right beside me. I looked, expecting Alvin and the Chipmunks or maybe someone from Dr. Seuss. But all I could see was a particularly bright and lovely clump of the red-tipped lichen we call British Soldiers or *Cladonia cristatella*. The little voices rose.

"But Alga, we've lived together for so long! We have our routines, our systems. How can you question the validity of our relationship when all across the country thousands of school children idealize us and pattern their lives after us? I wish you wouldn't listen to these Algae's Libbers. They are extremists. They don't know what mutualism is all about. They're just jealous!"

"I tell you I want out, Fungus. I thought it was okay to perpetuate this way of life because it's been the only model available to me. My parents were lichens and so were yours, but that doesn't make it right. And what the school children think doesn't mean beans to me. All I know is that I do all the photosynthesis for both of us, and I'm tired of it. Your nasty hairy hyphae are always strangling off my nice blue-green cells, and

it's all I can do to make new ones fast enough to keep up. With you pushing and demanding I make more glucose and sugar alcohol than any free-living blue-green alga ever had to come up with and I'm sick of it. You think you're so great with your big strong thallus—I could leave you any time, you . . . you . . . parasite!"

"Alga, you've never lived by yourself. You don't know how hard it would be. Besides, look at the things we can do as lichens—look at the wonderful chemicals we produce together that neither of us could make alone, the gorgeous colors some of us are, the pioneering colonizing work of some of our species in the Antarctic. I've heard that if there's life on Mars, it would have to be lichens, like the ones that grow in the porous rocks of the cold desert valleys of the Antarctic. Have you no pride? Don't you like being a lichen?"

"Hah! If you want to go to Mars, Fungus, please go right ahead. And you can take all the furniture. I have been hearing about blue-green algae, like me, who have never even met a fungus and get along just fine on their own. We can support ourselves, and we don't need a big hairy thallus to live on. As for you, I'm sure you'll mooch a living off some other organism, like the rest of your clan. You'd be better off if you learned to photosynthesize for yourself, but I don't think it's likely you'll ever learn, you're in such a rut."

At that the little fungus began to cry. "Alga," he wailed, "don't leave me. I don't think I can break down the rocks by myself. Remember our great teamwork as soil builders. Think of the school children and how they look up to us as weathering agents."

But Alga hardened her heart as she packed her little knapsack and began disentangling herself from the familiar hyphae. It was touching, she thought, the way the fungi had learned to cry lately, but it didn't change facts.

"The truth is, Fungus, we never were much good at breaking down rocks. It's the wind and water that do that, and freezing. People *think* we reduce hard rocks to sand, but really the sand and bits of debris blow under us and lodge there, so we get credit for being great eroders. It has been fun producing chelating agents with you, but frankly I don't think they do much more than take a few metal ions out of the rock. As for building the soil, you know that you don't know the first thing about nitrogen fixation. I have the secret from my mother, and even if I cared to let you in on it, you simply are not equipped for the job. This is the end, pal. It's been real."

With that the little alga hopped off the grey thallus and disappeared in a gust of wind. I heard one phrase of an Algae's Lib song about "get your fungal fingers out of my outer cell wall" and then she was gone. The fungus looked drooped and pale, and I felt a twinge of pity for the crumbling of the old values. Sure, they were politically incorrect, I thought, as I started down the rocks toward home, but they were so familiar. Then I remembered my symbiotic friends in San Francisco and tried to picture Karen and Rick encrusting a rocky outcropping or a valley on Mars. It might look good on the outside, but in the words of lichenologist Vernon Ahmadjian: "Lichen symbiosis appears to be a controlled parasitism: there is no recognition between symbionts, only degrees of resistance and defense."

— Bonner McAllester

FROM GATEWAYS

Arthritis

Many people know in advance when it is going to rain or snow, because they get painful signals from their joints. This time of year, as the cold and damp of winter begin to settle in, many people find their joints beginning to stiffen and become sore and sometimes red and swollen. These may be the symptoms of arthritis. Some manifestations of this condition are mild; they come and go and seem to be brought on by wet weather or strenuous activity. These episodes are commonly known as rheumatism. Other manifestations are more severe, perhaps even crippling, as joints become knobby and enlarged or immobilized.

There are a variety of ways of approaching arthritis. General medical treatment consists of the use of anti-inflammatory drugs (such as aspirin), bed rest, exercise, surgery and pain killers. Other approaches are based on the understanding that the stiffness of joints, inflammation and swelling are frequently the result of stress. This stress may be due to poor nutrition, allergy, emotional or environmental factors. Other causes are a variety of physiological problems including low-grade infection and incomplete digestive processes which lead to toxic build-up in the body and an accumulation of different types of deposits in the joints themselves. Breakdown in the joints can be due to poor nutrition and/or poor digestion, assimilation and elimination. On this basis it is useful to:

1. Improve nutrition by eliminating detrimental items from the diet as much as possible and increase healthful items in the form of better food and food supplements.
2. Improve the assimilation through the use of herbs and digestive aids where indicated and possible.
3. Improve the elimination through the bowels, kidneys and skin through herbs, colon cleansing, baths, etc.
4. Exercise, as possible, and massage to help in all of the above.

Sometimes a condition clears up through the change or addition of one item in one's daily intake or routine. Some ways in which this has occurred are as follows:

1. Begin a daily intake of vinegar and honey*; cod liver oil**; three tablespoons of linseed oil; and 1/4 cup of aloe vera gel.

**Vinegar and honey*: Mix equal parts apple cider vinegar and honey, both from health food store. Add one to two tablespoons to a glass of water and drink with meals. (See November *Monterey News*).

**Most effective if taken first thing in the morning. Mix one tablespoon cod liver oil with a small amount of pineapple juice or milk and drink it about 1/2 hour before breakfast.

2. Try switching your diet to one which contains more whole grains, fresh vegetables (raw, steamed, baked or stir-fried), nuts and seeds, and fresh fruit, specifically pineapple or papaya. Vegetable juice is excellent, as is a vegetable broth made by simmering together many different types of vegetables (including parsley), then straining and drinking the broth. Celery is particularly good. Eat fish and chicken rather than just meat, in small quantities and infrequently. Powdered whey helps digestion.

3. Drink 1 cup of burdock tea per day, to help loosen deposits around joints and aid in proper assimilation of calcium. In addition, a cup of chamomile, oatstraw or comfrey tea may be helpful.

4. Drink plenty of liquids in addition to tea and broth.

5. Begin daily massage on affected areas with peanut oil or castor oil or Weleda Massage Oil, but not when there is great inflammation. Comfrey compresses are also recommended.

Some people require more comprehensive changes involving more dedication, commitment, and time. These changes might include eliminating from the diet citrus fruits (which tend to store in the joints as citric acid crystals); white flour; chocolate. Some people are helped by eliminating potatoes, eggplant, tomatoes and peppers from the diet.

Consideration of emotional, mental and spiritual factors can also be very helpful and, in some cases, is essential. Look at attitudes and lifestyle and what was going on in one's life when the condition first began. It also may help to look at patterns of rigidity or stiffness in their various manifestations: holding self together; resistance against change; steeling self against something; repressed anger; a perfectionist attitude in judging oneself and others.

Arthritis is a very complex condition, and we can only cover a few highlights in an article such as this. If you have some specific questions, call Gateways (528-3974) or write us c/o the *Monterey News*, P. O. Box 264, Monterey 01245. A book written by Dr. Paavo Airola entitled *There Is a Cure for Arthritis* is a helpful reference work.

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WINDOWSILL HERB WORKSHOP SCHEDULED FOR FEBRUARY

The Monterey Food Project is sponsoring a workshop on growing herbs indoors on Thursday, February 7, at 7:30 p.m. Naomi of Naomi's Herbs in West Stockbridge will be present to discuss the herbs that do best in windowsills and how to grow them. She will bring seeds and planting equipment as well as mature specimens to sell. Anyone interested in attending the workshop is advised to register in advance so Naomi will know how many herbs to bring. Admission is free. Call Ellen Pearson at 528-1988 to register and to say what herbs you are especially interested in.

CONSERVATION UNIT OFFERS TREE, SHRUB SEEDLINGS SALE

Berkshire Conservation District is offering tree and shrub seedlings for sale under a yearly program to encourage landowners to undertake reforestation, erosion control, beautification and related practices.

Several species of conifers as well as varieties of hardwood, berry bushes and ground-cover plants are available, said Rita Kaplan, district administrator.

The deadline for orders is March 15. Delivery will be about six weeks later, with buyers able to pick up their orders April 26 and 27 at the Western District Wildlife Office on Hubbard Avenue, Pittsfield.

Minimum quantities must be ordered, she said; for example, ten hardwood or raspberry seedlings, or six blueberry seedlings. Examples of prices are \$4 for a minimum order of black walnut seedlings, \$10 for a minimum order of raspberry plants or \$15 for a minimum blueberry-bush order.

Hardwoods available this year include white birch, maple, oak and ash, not available last year, said Kaplan. Lilacs have been added in the shrub category. The district is also offering fertilizer pellets.

Order blanks may be obtained from the conservation district office in the Federal Building, 78 Center Street, Pittsfield, and in the Monterey Town Offices.

Ag-Land Clearing House

The District will again this year be sponsoring an Ag-Land Clearing House. The clearinghouse provides a matching service which links farmers who need agricultural land with landowners who wish to rent their property for farm uses. This service is provided free of charge, saves advertising costs and time to farmers looking for suitable land. Property owners benefit by keeping land maintained.

MONTEREY GRANGE NEWS

Monterey Grange #291 met December 5 for a regular meeting. The recent food sale was a huge success and the Grange wants to thank members and friends for their support. Sister Eleanor Kimberley recently won Best of Show for one of her slides at the National Grange Session in Portland, Maine.

The Grange met again on December 15 for the annual Christmas Party for members, families and friends. The program of music, readings, games and Tableau started at 7:00 p.m. and was followed by a delicious covered dish supper and gift exchange.

The raffle was a great success, and the Grange wants to thank all who helped. Winners were: Turkey, Louis Levine; ham, Herman Trudeau; cheer, James Spadacini; mixer, Tom Andrus; grocery basket went to Westfield; and apples to Joan Groziano, Winsted, Connecticut. The next meeting will be January 16 at the Hardisty home.

— Mary Wallace
Lecturer

MONTEREY LAND TRUST GROUP ORGANIZES

On the evening of December 4, the six-member Board of Directors of The Monterey Land Trust Group held a meeting to implement decisions made at the membership meeting of November 16. According to Board member Bob Thieriot, a mail drive was initiated, with encouraging response. The Board has begun to organize its accounting procedures, and has established preliminary contact with various Town agencies.

Thieriot said that the membership of The Land Trust Group now numbers about seventy-five, and he is optimistic about its future growth. The group intends to become a useful source of information on land as well as a repository of land. Any resident or property owner of Monterey is eligible to become a member of The Land Trust Group upon payment of a \$5.00 fee per person per year. Anyone desiring further information about The Land Trust Group is invited to contact Bob Thieriot by phone at 528-9266 or by mail at Box 173, Monterey.

Its Eighteen any occasion 528-2516

The Crown
WISO

December 11, 1984

To the Editor, *Monterey News*:

Thanks to Bernard Kleban for reminding us of one of Margery Mansfield's briefest and most powerful poems, paraphrased in his letter published last month. Here is how she wrote it:

*Far in a foreign field,
My first love lies asleep.
But not for that my tears.
Because he killed, I weep.*

Susan McAllester
Monterey

Here is the photograph Bernie referred to in last month's issue. We've been waiting for a chance to reproduce it clearer than it came out the first time. Now everything is clear.—Ed.



We present another piece of ephemera from Dwight Campbell, plus, in his own type, his comments.

WHAT'S THE IDEA?

Whether you believe it or not, it is quite possible to catch some birds, such as crows, very young, and given an inexhaustible amount of patience, coaxing and persistence in about equal parts, get them to say a few words. Usually very few!

Nevertheless, one of our neighbors and his son proved it, and let me into some reprimanding in the bargain.

In this case the sound the growing young tame crow picked up best sounded like "Whassa idea, whassa idea."

It also usually flew back to their henhouse at night.

Now in those days BB guns were quite available even for a seven-year-old, and I often pretended I was Teddy Roosevelt in *African Game Trails*.

One day this crow perched on a nearby fence with the non-chalance that knows no fear.

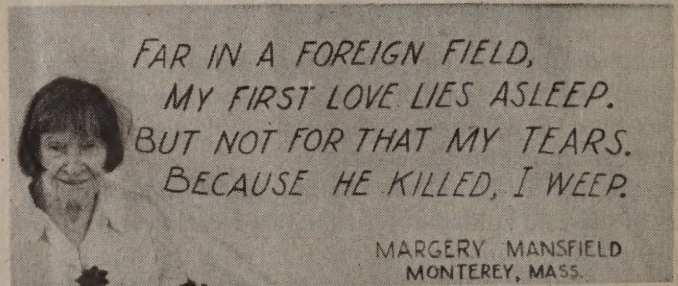
Having no knowledge of its identity, I got close enough for a couple of pops with the BBs bouncing off its feathers, whereupon it took off (you guessed it) in the direction of the neighbor, seeming to say, "Whassa idea, whassa idea!"

Needless to say I was reprimanded for shooting at the neighbor's tame crow!

— Dwight Campbell

P S Incidentally, I remember

taking *African Game Trails*
from the Monterey Library so
much that it eventually was
stored out of my sight!



PERSONALS

Michelle Grotz has been selected as Mt. Everett Regional School's representative to the Hugh O'Brien Youth Foundation's Leadership Seminar to be held in Boston next spring. The foundation aims to seek out and reward leadership potential in high school sophomores in the United States and abroad. At the three-day seminar, potential leaders will meet with distinguished leaders in the fields of business, industry, science, government and education, and will participate in give-and-take workshops. Michelle is president of her sophomore class and was selected based on her participation in student government, the school band and athletics, and her involvement with the Berkshire County Special Olympics, the school's annual blood drive and her course work in safety and rescue operations. She is the daughter of Mr. and Mrs. Stefan Grotz.

CALENDAR

Contra and Square Dance Schedule

Saturday, January 12—Square and Contra Dance, New England style, at the Sheffield Grange, Route 7, Sheffield, Mass. 8:30-11:30 p.m. Beginners and children welcome. All dances taught by caller Joe Baker, music by Mountain Laurel. Refreshments served. Adults, \$3.50; children, \$1 to dance until intermission. Information: 413-528-9385 or 518-329-7578.

Saturday, January 26—Square and Contra Dance, New England style, at the Sheffield Grange, Route 7, Sheffield, Mass. 8:30-11:30 p.m. This program is for people who have done it before. Joe Baker, calling; music by Mountain Laurel. Refreshments served. Admission: \$3.50. Information: 413-528-9385 or 518-329-7578.

FIRE COMPANY SETS POLICY FOR MEETING RESERVATIONS

The Monterey Fire Company, in response to the growing number of requests for the use of its facilities for meetings and other activities, has announced a new policy with respect to reservations for rooms: Effective immediately, all requests for use of Fire Company facilities must be made *in writing*. All applications will be acted upon at the Fire Company's regular Wednesday evening meetings.

EDNA LODER

Edna Charlton Loder, 77, a former resident of Gould Farm, died December 17 at the Edgecombe Nursing Home in Lenox.

Born June 28, 1907, she was the daughter of Dr. George F. and Harriet Cory Charlton. She grew up in Nebraska, mainly in Norfolk, and was a graduate of the University of Nebraska. She was married to Dr. Kenneth J. Loder and lived in Colorado Springs, Colorado, where he practiced psychiatry until his death in 1969.

She worked with a cooking school and gift shop as well as at the restaurant at the former Neusteters department store. She later worked at a French restaurant in Phoenix, Arizona. She maintained active membership in both Chapter C of the PEO, which began in Hastings, Nebraska, and the Kappa Kappa Gamma Alumni Association.

After living in Arizona, Mrs. Loder moved to Monterey, where she lived with her son, the Rev. Cory B. Loder and his family.

Besides her son in Monterey, Mrs. Loder leaves another son, Charlton W. Loder of Presque Isle, Maine; a brother, Dr. Paul Charlton of Hastings, and five grandchildren.

A memorial service was held at the First Congregational Church in Great Barrington, with the Rev. Jean A. Morgan, pastor, and Mrs. Loder's son, Cory, officiating.

Memorial contributions may be made to the First Congregational Church memorial fund. The Stevens & Finnerty Funeral Home is in charge of arrangements.

ANGELA FUNK

Angela Funk, 76, formerly of Clayton Road, Sheffield, died December 3 at Pines Nursing Home in Great Barrington.

Born in Great Barrington February 25, 1908, daughter of Victor and Jocomina Jacoma Zucco, she moved to Sheffield in 1962.

She leaves a son, Arthur Funk Jr. of Monterey; two daughters, Mrs. Richard R. McCracken of Housatonic and Mrs. Carl E. Champigny of Monterey; a brother, Angelo Zucco of Great Barrington; seven sisters, Marcella Zucco, Mrs. Arthur Harrison and Mrs. Clara Daloni, all of Great Barrington, Mrs. Edward Delmolino and Mrs. Philip Coons, both of Sheffield, Mrs. Gloria Davis of Westfield and Mrs. Albert MacArthur of Sun City Center, Florida; seven grandchildren and one great-grandchild. Her husband, Arthur J. Funk Sr., died in 1981.

The funeral was December 6 at the Hickey-Birches Funeral Home, Great Barrington. Burial was in Corashire Cemetery, Monterey.

ACKNOWLEDGEMENTS AND COMMENTS

The *Monterey News* wishes to thank the following for their contributions and constructive criticism and comments:

Anna Scheffey—This is an invaluable means of keeping in touch with Monterey all through the year.

Henry and Ann Rydberg—Still would like to know the temperatures for the month.

Tom Yohe—Nice job!

Shirley and Irv Yost—We really enjoy reading about our neighbors in Monterey.

Florence G. Brown and Alice M. Burhans—Always enjoy the *Monterey News*.

Cynthia and Leonard Weber—Go to it!

M/M E. Probeck—Makes us feel as though we're "home."

Maureen and Tom Bradley—We love the paper. It continues to get better and better.

Mrs. Eli G. (Mollie) Cooper—Enjoy all of it and particularly the sermon! "I love Monterey"—may even buy a not-too-large house there! Do you know of any? Not too far out. Real close to town.

Marian C. Hodgkins—So nice to read familiar names and new ones.

Muriel Halley—Enjoy receiving it.

Marilyn R. Rossier—As president of the Lake Buel Association, I have particularly appreciated receiving the *News* and your excellent coverage of our "doings"!

Donna Brallier—Enjoy reading my father's articles—I'm prejudiced!

Paul and Delight Dodyk—With best wishes for another successful year. Keep up the wonderful work you are doing. We really like your present format and wide range of features.

15 Roberta and Robert Silman—Keep up your wonderful work!

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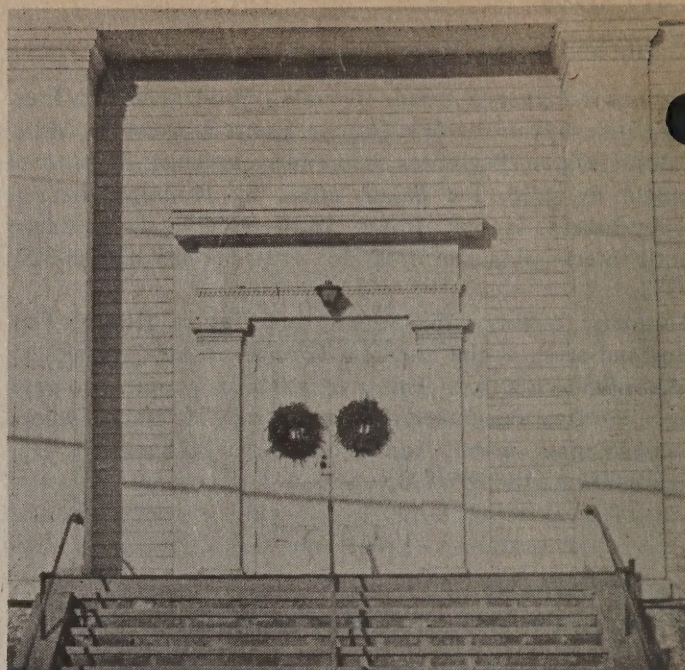
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No classifieds on back cover.

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